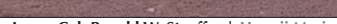


*Practice  
sportsmanship:  
It's just  
a game*

Combat Correspondent

Even when we're competing, landing a right hook in the name of basketball isn't worth losing rank or the respect of your peers and superiors.

Play nice, Marines, because in those situations, it really is "just a game."



# A win is a win

*Corrected Correspondence*

Swinging for a comeback, the Ground Pounders were stopped cold in the top of the inning by the Black Knights defense, sending them back out to the field to face the Black Knights batters.

Vanvalkenburg said he didn't agree with the forfeit and understood why the Black Knights were slowing the game down, but ultimately it's the umpires call.

## Avoid beach injury from sea creatures

### **Fistula Care**

"We'll know that [jellyfish or Portuguese Man-o-war] are out there in heavy force that day," he said. "We can give them that information or any other information about the beach."



# Can't *touch* THIS

*CLB-3 dances their way to 3-1 triumph over MALS-24*

**Lance Cpl.  
Reece E. Lodder**  
*Combat Correspondent*

Reigning intramural soccer league champions Combat Logistics Battalion 3 secured a 3-1 victory over Marine Aviation Logistics Squadron 24 after a well-fought game at Pop Warner Field Monday. The win brought CLB-3 to a record of 4-3-2 and dropped MALS-24's record to 2-3-4.

"Communication is the key to our success," said CLB-3 midfielder Roberto Escobar. "The defense listens when the rest of us talk because they're only really looking one way."

Escobar described last year's regular season and playoff games as "tooth and nail" but said CLB-3 thrived off of this, placing first in the regular season and winning the championship. "If we're on our game, there's no team that can touch us," he said.

Six minutes into a quiet first half, CLB-3 midfielder Dawit Tesfai pushed the ball past two MALS-24 defensemen and put a shot on net, only to be shut down by the rushing MALS-24 goalkeeper, Marco Mendez.

Despite starting the game off slowly, CLB-3 didn't waste time in making their presence known. Midfielder Jorge Yepes drew first blood for the team, streaking in from the left side of the field and capitalizing on a corner kick.

After the first goal, the game's tempo increased and the play became more physical. As the MALS-24 midfielders and strikers pushed towards the opposite goal, CLB-3 defenders maintained solid defense. Mark Morgan, MALS-24 midfielder, skillfully played the ball off a rebounded save by CLB-3 goalkeeper Chris Morehead, only to be called offside.

Regaining possession, CLB-3 striker Dustin Bird launched a shot from 15 yards out and watched it sail into the top right hand corner of the net, bringing CLB-3 to a 2-0 lead by halftime.

Mario Virgen, CLB-3 coach, said the players' interaction has contributed to their success but a lack thereof has been their downfall. The team only practiced twice before the beginning of the season and secured three wins in their first three matches of the season, he said.

"Practice isn't boot camp," Virgen said. "The players just go out and play. I tell them where the holes are and they fill them in. We're out here to have fun."

Coming off the short break, CLB-3 launched an offensive. After nearly finishing on two quick shots on net, CLB-3 midfielder Jorge Cruz utilized a successful penalty kick to give his team a 3-0 lead eight minutes into the second half.

The MALS-24 midfielders and strikers pushed hard toward the CLB-3 goal but couldn't overcome the defensive challenges of the CLB-3 sweepers and goalkeeper. Gaining possession off a stopped play, MALS-24 midfielder Miguel Sandoval met the netting with a bullet to the net's bottom left hand corner. Nevertheless, the shot proved to be the final prayer for MALS-24 as they fell to their fourth loss of the season.

"The game was rough," said MALS-24 sweeper Cavan Croskey. "We weren't playing with our regular goalie and defenders and had to mix and match players."

For the victorious CLB-3, the win only furthered their confidence. "If we maintain our defensive line and keep the structure the way it is right now, we should have no problem taking the whole championship," Escobar said.

Teams in the intramural soccer league vie for the regular season title over a period of 14 games.

While all teams make the playoffs, opponents are matched based on regular season standings. The playoff rounds are played in a knockout format — each team that loses a game is kicked out of the competition.



Victor Lugo, Marine Aviation Logistics Squadron 24 striker, crosses the ball across the field during an intramural soccer league game against Combat Logistics Battalion 3 at Pop Warner Field Monday. "The game was rough," said MALS-24 sweeper Cavan Croskey. "We weren't playing with our regular goalie and defenders and had to mix and match players."



Greg Zawacki, striker, Marine Aviation Logistics Squadron 24, moves the ball down the field as Dustin Bird, striker, Combat Logistics Battalion 3, attempts to hamper his forward movement in an intramural soccer league game at Pop Warner Field Monday. After establishing a commanding 2-0 lead by half time, CLB-3 held on to win the contest 3-1.



Marco Mendez, goalkeeper, Marine Aviation Logistics Squadron 24, clears the ball from his area during an intramural soccer league game at Pop Warner Field Monday. After establishing a commanding 2-0 lead by half time, CLB-3 held on to win the contest 3-1.



# RUNWAY 5K RUN

## Sunday, July 4 • 0700

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**WHERE** Marine Corps Base Hawaii, Kaneohe Bay. The 5K course will start and finish at Hangar 104. The course takes you along the length of the runway.

**ENTRY FEES** \$20 for Individuals, all entries include a race T-shirt. (No T-shirt guaranteed after June 25, 2010.) (Entries received after June 25, 2010 will be charged an additional \$5 per individual runner.)

**AWARDS** Top three (3) finishers overall (male and female) and top finishers in each age group.

**PACKET PICK-UP** Packets may be picked up at the Semper Fit Center on July 2, 2010 (Friday) between 0900-1600.

**RESULTS** The official results will be posted at [www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm)

**Register & Pay Online**  
[www.mccshawaii.com/cgfit.htm](http://www.mccshawaii.com/cgfit.htm)  
 (online registration deadline June 30)

# Commander's

## FITNESS SERIES

*To register for events in the Commander's Fitness Series visit the Semper Fit Center or go to the MCCS website at <http://www.mccshawaii.com/cgfit.htm>.*

*For more information about the events, call Tina Lui at 254-7590.*

### **VP-47 Runway 5K Run** *Sunday, July 4*

All of Oahu is invited to get physical and enter the VP-47 Runway 5K Run at 7 a.m. The race starts and finishes at Hangar 104, and takes runners along the MCB Hawaii flightline, catching glimpses of historic Pyramid Rock. MCCS will present awards to the top three finishers in various age groups, as well as the top three overall men and women finishers.

### **MCAS Tradewind Triathlon** *Sunday, Aug. 15*

The MCAS Tradewind Triathlon is a challenging triathlon offered in Hawaii this year, so get registered early. It includes a 500-meter swim followed by an 11.1-mile bike course, and ending with a 5-kilometer run. This event is ideal for amateur or experienced triathletes, and even serves as the official Hawaii Senior Olympic Triathlon for 2010.

### **HSL-37 Splash & Dash Biathlon** *Saturday, Oct. 16*

Enter the HSL-37 "Easyriders" Splash & Dash Biathlon. The race begins with a 500-meter open water swim, then grab your running shoes and head around the flightline for the five-kilometer foot race.

Running by the flightline enhances the race by giving participants a military feel during their run. The scenery is beautiful and runners get a chance to run on an active taxiway and see military aircraft.

### **Jingle Bell Jog** *Tentatively December*

Jog off that Thanksgiving feast! This 8K run will help you stay fit throughout the holiday season.

In the spirit of the season, a one-mile Family Fun Run will take place after the race.



# Spotlight On Sports

## Sports Briefs

### Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regimen, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body fat measurements, blood pressure and heart rate readings. For a small fee per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Patrons may sign up for an initial assessment and one session a week up to three weeks. Because of a high demand for personal trainer appointments, patrons must wait four weeks between sessions following the initial three visits.

For more information, contact Semper Fit at 254-7597.

### Adventure Training Program

Designed to promote unit cohesiveness and enhance confidence in the water, Adventure Training is a fun alternative to regular unit workouts. Learn different water sports and do P.T. at the same time. Classes are offered in scuba, kayaking, power-boating and water skiing. Adventure Training is offered at no charge to all Marine Corps Base Hawaii units. Training NCOs and SNCOs should call the Base Marina at 254-7667 for more information.

### Satellite Fitness Centers

A Satellite Fitness Center is located in Building 1033 and the Flightline Mini-Gym, Building 301. Free weights and weight machines are available for use at these locations. Hours vary due to operational commitments. Call 254-7594 for more information.

### The Health Promotion Program

The Health Promotion Program at MCB Hawaii is a branch of the Semper Fitness Division of MCCS and is under the direction of HP Coordinator, Dan Dufrene. The Health Promotion Program umbrella embodies nine key elements, which guide patrons to live a healthy lifestyle. Education sessions on the material are available to active duty service members, family members, retired military, civilian employees, units and organizations. Informational displays and literature are also available. To find out more, please call the Health Promotion Program at 254-7636 or e-mail dufrened@usmc-mccs.org.

### Youth Sports moves

Youth Sports has moved from the Youth Activities Building to the Semper Fit Center. All Youth Sports operations such as registration are now held at the center. For more information, contact Clark Abbey, the youth sports specialist, at 254-7473.

## Semper Fit Group classes

### Boot Camp

This class is an extremely intense cardio workout with a tough strengthening portion that is sometimes held in the basketball court for a more intense workout.

### Cardio Kick

If you're trying to get rid of pent up frustration or just looking for an awesome workout, this is the class for you! This high-energy class incorporates punches and kick combos to improve endurance, speed and agility, while burning calories and increasing muscle tone.

### Cycling

Tired of those boring three-mile runs? Well, come for a ride with us. This class uses specialized stationary bikes to help you burn a large amount of calories and tone up while improving your core strength. Set to specialized music as you pedal off the pounds.

### Gut Cut

You've heard the stories. Come experience it for yourself — or are you scared? This 30-minute abdominal class is designed to strengthen your core muscles.

### High Intensity Circuit Training

Put the "fun" back into functional training! This is a great workout for people on the go. This hour-long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

### Lower Body Blast

Want to tone up your legs? This class targets all the major muscle groups in your legs, including your core muscles. Strengthening these muscles will not only help firm up those areas but also maintain a healthy posture.

### Muscle Conditioning

Not coordinated for a traditional aerobics class? This class has minimal choreography so this is safe. A muscular endurance workout using hand weights and bands to work all muscle groups.

### Pilates

This amazing class uses a powerful series of non-impact exercises for total body sculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean, long muscles and reshape your body from head to toe.

### PiYo

If pilates and yoga were mixed together, this is what you would get. This class will help develop strength, flexibility and balance to sculpt long, lean muscles. With pilates, yoga and a combo of upbeat moves, this mat class will get your blood flowing while re-shaping you from head to toe.

### Power Yoga

If you're looking for a class to increase strength, stamina and flexibility, this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

### Speed and Agility

Swifter, Higher, Stronger ... Train like an athlete. This class focuses on developing strength, power, balance and agility while maintaining flexibility. Dynamics of this class include plyometric type exercises designed to produce fast, powerful movements and improve functions of the nervous system while increasing foot speed.

### Step

This is a tried and true classic. Fads come and go, but step endures all. This fundamental class focuses on getting a great workout on the steps with basic choreography — nothing fancy — just hard work and a ton of sweat.

### Step and Tone

The best of both worlds in one class! A great step class and some resistance training in an hour and 15 minutes. Get your heart pumping with an upbeat step session that will tone your muscles.

### Step Challenge

To step it up even more. This class is for the seasoned stepper or for those just looking for a challenge. This class is a full hour of fun and challenging choreography.

### Water Aerobics

This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training.

### Zumba

This is a Latin inspired, dance-fitness class incorporating international music and dance movements. It includes a combination of fast and slow rhythms, that tone and sculpt. The class integrates aerobic, interval and resistance training. Dancers and non-dancers will have a blast while getting an incredible workout!

### Normal hours of operation:

Monday-Friday, 4:30 a.m. - 10:30 p.m.

Saturday, 7 a.m. - 10 p.m.

Sunday and holidays, 7 a.m. - 6 p.m.

# 2010

# INTRAMURAL

# Spring softball schedule

### JUNE 22

#### ANNEX FIELD

6 P.M. BREWER vs. HMH-363

7 P.M. MARFORPAC vs. CLB-3 #1

8 P.M. COULSON vs. 2/3

#### RISELEY FIELD

6 P.M. BLACK KNIGHT vs. 3D MAR REG

7 P.M. CLB-3 #2 vs. MCAS

8 P.M. CLB-3 #2 vs. VP-47

### JUNE 23

#### ANNEX FIELD

6 P.M. BREWER vs. HSL-37

7 P.M. CPRW-2 vs. DRAGONS

8 P.M. 1/12 vs. 3D RADIO BN

#### RISELEY FIELD

6 P.M. HMH-463 vs. 1/12

7 P.M. MCAS vs. JOKERS

8 P.M. VP-47 vs. COULSON

### JUNE 25

#### ANNEX FIELD

6 P.M. CLB-3 #2 vs. CLB-3 #1

7 P.M. BLACK KNIGHT BN vs. VP-47

8 P.M. JOKERS vs. VP-47

#### RISELEY FIELD

6 P.M. HQBN vs. MALS-24

7 P.M. BREWER vs. 1/12

8 P.M. MARFORPAC vs. DRAGONS

# Serve Red, White and Blue but cheer for Black, Red, and Yellow

**Sgt. Scott Wittington**  
*Combat Correspondent*

So my patriotism has been brought into question because I root for Germany in the FIFA World Cup 2010 South Africa. Let me clarify. I bleed Red, White and Blue



You don't have to support the team that plays for your region. In the soccer world, there are no politics, no wars, embargos, sanctions, blah, blah, blah. It's just athletic competition."

... in that order. If you think I'm un-American because I don't pull for the U.S. team, I've got a couple things for you to taste. Does everyone in Pittsburgh pull for the Steelers? No, they don't ... if they're smart.

You don't have to support the team that plays for your region. In the soccer world, there are no politics, no wars, embargos, sanctions, blah, blah, blah. It's just athletic competition. The players don't care about that stuff on the field and I don't care about it while I'm watching the game on television.

Also, secretly, everyone wishes they were an American, so that should help blind you to anyone else's flag. The teams just

happen to be named after their countries not mascots. Would it be easier to support them if teams were called the Germany Sharks or Brazil Lions? Nah, the way it is really demonstrates how global soccer truly is. It's almost like the Olympics for which I am a U.S. fan all the way, but there's no silver and bronze medal in World Cup.

See WHITTINGTON, B-8

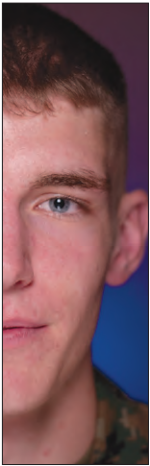


## Patriotism

VS is a recurring column tackling debatable issues in the sports world. Hawaii Marine readers can submit a subject for future columns by e-mailing their ideas to [hmeditor@hawaiimarine.com](mailto:hmeditor@hawaiimarine.com). If there's a topic you would like to discuss/defend or if you think we missed the mark, let us know and you could see your "opinion," regardless of how wrong it is, below. Suit up ladies ... it's game time.



WHITTINGTON



MAIN

# Real Americans only support America

**Lance Cpl. Tyler L. Main**  
*Combat Correspondent*

If you wouldn't fight for a country then you shouldn't play for a country. If you wouldn't play for a country then you shouldn't root for a country. Americans make us look bad when they wave other countries' flags in support of their sports teams.

With the World Cup soccer tournament in play, a lot of so-called Americans are rooting for other countries like they've grown up there. My wife sent me a picture, on the day of the U.S. versus England game, of a huge British flag hanging from the second deck of an American barracks. Is that patriotic? Maybe if you're a posh sounding Brit. But not if you're an American.

If you're going to root for another team, at least root for a country that could use the fan base and not the birthplace of David Beckham. The only thing he's done for America is release colognes that smell like bat urine.

I'll tell you what I do want to associate myself with though. People like John Wayne, Clint Eastwood and Michael Jordan and things like the atom bomb and cheeseburgers! America is also responsible for the Corvette, blue jeans, push-up bras and the Colt .45. That's a long list of awesomeness that I would never cheer against.

I actually don't even care how good we are at international sports. How about if our team and their team got in a fight, or our fans fought their fans? We would punish them with some sort of Ultimate Fighting moves we saw on Spike TV the night before.



America is also responsible for the Corvette, blue jeans, push-up bras and the Colt .45. That's a long list of awesomeness that I would never cheer against."

See MAIN, B-8



MAIN, from B-5

Would you want to be caught cheering for the other team then?

It seems like most American fans are fair weather friends. We dominate the medal count in the Olympics, so no one hesitates to show their support then. But when we compete in soccer, a sport we're not so good at, our so-called allegiance is spread between every other country ... except America.

In reality, we could use our fans the most during the World Cup.

If we had more fans then people may start playing soccer more and increase participation across the nation. Then, with the addition of soccer to our sports arsenal, we would be good at everything.

How would you feel if when you were

a kid playing sports in Little League or Pop Warner league, your mom came to one of your games and rooted for the other team because they were better than you? Our American teams feel the same way.

Personally, I take it over the top. I'll paint every part of my body red, white and blue, except my hindquarters, which will be reserved for the other team's flag.

Then I'd find every excuse sit on my tail flag an excessive amount of times, cheering "U.S.A.!" That's the definition of a patriot right there.

As long as Megan Fox, Buffalo Wild Wings and Cap'n Crunch are still here I don't care how our team does, long live America, baby!

WHITTINGTON, from B-5

I can see how some non-enlightened people would think that a soccer match between two countries is representative of an actual battle for life and death.

If your country wins, somehow you've won something as if you personally assisted in the victory. If you lose, your whole day is ruined and you chow down a pint of rocky road or mint chocolate chip by yourself.

Country borders are invisible; although some are defined with barb wire, land mines and scary guys with guns, physically you can't see them. All those barriers disappear when the teams kick off. For instance, North and South Korea are both

going for the first time in the same World Cup. These two countries who have historically hated each other will still shake hands on the field. North Korea may have allegedly sunk a South Korea vessel recently but their striker didn't pull the trigger. If the players don't care, why should I? Erase the politics and let's play some ball.

Someone might say, "My grandfather was killed in Germany." My grandfather fought the Germans, too. That was 60 plus years ago; get over it.

The German players had nothing to do with that. We fought England, too, and now our countries are like "peas and carrots." Iraq is still ongoing and I

befriended a couple Iraqi guys over a card table when I was in Baghdad in 2003. Those guys can play some serious spades.

I already wear the American flag on my heart. It's the country I fight for and will continue to protect until my last breath. But when it comes to sports, my loyalties follow a different ensign.

Now don't get me wrong, if Joachim Loew, the German coach, were to suddenly lead his team in an assault on an American embassy, I'd be on the frontlines to wipe them all out.

I might ask for a few autographs before I drop them off to St. Peter. I can get more money for them if they're deceased.

Marines compete for golfing camaraderie



Sgt. Juan Alfonso | U.S. Marine Corps Forces, Pacific

Cpl. David D. Pender, U.S. Marine Corps Forces, Pacific's ground safety noncommissioned officer in charge, coaches a teammate on the Kaneohe Klipper Golf Complex's fifth hole June 4 during the second annual MarForPac Marine Corps Birthday Ball Golf Tournament at Marine Corps Base Hawaii, Kaneohe Bay.

**Sgt. Juan Alfonso**  
*U.S. Marine Corps Forces, Pacific*

More than 100 service members and government employees competed in the second annual U.S. Marine Corps Forces, Pacific, Marine Corps Birthday Ball Golf Tournament June 4 at the Kaneohe Klipper Golf Complex here.

MarForPac officials coordinated the event to promote camaraderie among MarForPac personnel and other services, and provide an opportunity to interact with the local community, according to Master Gunnery Sgt. Brad P. Adams, MarForPac's aviation supply chief and event coordinator.

"Our whole intent with the tournament is to have a few laughs and an enjoyable time while enhancing our relationship with the golfing community and beyond," Adams said.

Participants competed for several cash prizes, vacation opportunities,

restaurant vouchers and golf equipment culminating in more than \$50,000 in prizes in the four-person scramble tournament, where each team member tees off, picks up their ball and continue to play from the whichever ball lands closest to the hole.

"I'm not really much of a golfer but I do like playing a couple of rounds," said Navy Chief Petty Officer Michael Lykens, who retires at the end of the month and is currently on terminal leave.

"This tournament gave me an opportunity to keep saying goodbye to a lot of my friends and meet some new ones." That sentiment shared by many golfers at the event.

"From a camaraderie and inter-service perspective, the event was a great success," Adams said. "There was a great time had by all and everyone was very impressed by how well run it was. We look forward to conducting more events like this one."